Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (currently amended) A method for generating electrical power from low frequency, vibrational energy, the method comprising:

receiving vibrational energy having a low frequency wherein the step of receiving includes the step of providing a micromechanical first resonator device, the first resonator device resonating in response to the received vibrational energy and including an element which is supported to vibrate inertially at a low frequency by inertial forces;

converting the low frequency, vibrational energy to vibrational energy having a high frequency greater than the low frequency wherein the step of converting includes the step of providing a micromechanical second resonator device, the second resonator device resonating at the high frequency greater than the low frequency in response to the resonating first resonator device wherein the second resonator device has a mechanical spring force; ~~and~~

generating a magnetic force between the devices wherein the magnetic force between the devices is larger than the spring force at a catch point at which the second resonator device is magnetically pulled towards the vibrating element; and

converting the high frequency, vibrational energy to electrical power wherein the step of converting the high frequency, vibrational energy is performed electromagnetically.

2. (cancelled)

3. (original) The method as claimed in claim 1, wherein the low frequency is in the range of 1 to 100 Hz.

4. (original) The method as claimed in claim 3 , wherein the low frequency is in the range of 1 to 10 Hz.

5. - 8. (cancelled)

9. (previously presented) The method as claimed in claim 1, wherein the second resonator device has a mechanical resonance frequency in the range of 1 to 10 kHz.

10. (previously presented) The method as claimed in claim 1, wherein the second resonator device includes an array of micromechanical resonators.

11. (cancel)

12. (currently amended) A micro power generator for generating electrical power from low frequency, vibrational energy, the generator comprising:

a micromechanical first resonator device which resonates in response to the vibrational energy, the first resonator device including an element which is supported to vibrate inertially at a low frequency by inertial forces;

a micromechanical second resonator device having a mechanical spring force; and

a circuit including a magnet for generating a magnetic force between the devices and being mechanically coupled to the resonator devices for magnetically coupling the resonator devices together so that the second resonator device resonates at a high frequency greater than the low frequency when the first resonator device resonates wherein the magnet has catch and release points and wherein the magnetic force between the devices is larger than the spring force at the catch point at which the second resonator device is pulled towards the vibrating element, the circuit also converting the high frequency, vibrational energy to electrical power.

13. (original) The generator as claimed in claim 12, wherein the high frequency, vibrational energy is converted electromagnetically.

14. (original) The generator as claimed in claim 12, wherein the low frequency is in the range of 1 to 100 Hz.

15. (original) The generator as claimed in claim 14, wherein the low frequency is in the range of 1 to 10 Hz.

16. (original) The generator as claimed in claim 12, wherein the conversion of the low frequency, vibrational energy is performed mechanically.

17. (currently amended) The generator as claimed in claim 12, wherein the circuit includes ~~a magnet and~~ at least one coil which moves relative to the magnet and wherein voltage is induced on the at least one coil by electromagnetic induction.

18. (original) The generator as claimed in claim 17, wherein the first resonator device has a mechanical resonance frequency in the range of 1 to 100 Hz.

19. (original) The generator as claimed in claim 17, wherein at least one of the magnet and the at least one coil is mechanically coupled to the resonator devices so that the magnet and the at least one coil move relative to one another to generate voltage on the at least one coil.

20. (original) The generator as claimed in claim 18, wherein the second resonator device has a mechanical resonance frequency in the range of 1 to 10 kHz.

21. (original) The generator as claimed in claim 19, wherein the second resonator device includes an array of micromechanical resonators and wherein each of the resonators has a coil formed thereon.